

Chants for the Women's Sesshin October 2020

Hymn To Prajna Paramita

Homage to the Perfection of Wisdom, the Lovely, the Holy.

The Perfection of Wisdom gives light.

Unstained, the entire world cannot stain her.

She is a source of light,

and from everyone in the triple world she removes darkness.

Most excellent are her works.

She brings light so that all fear and distress may be forsaken,

and disperses the gloom and darkness of delusion.

She herself is an organ of vision.

She has a clear knowledge of the own-being of all dharmas,

for she does not stray from it.

The Perfection of Wisdom of the Buddhas

sets in motion the wheel of the dharma.

Great Wisdom Beyond Wisdom Heart Sutra

Avalokiteshvara Bodhisattva, when practicing deeply the prajna paramita
Perceived that all five skandhas in their own being are empty
And was saved from all suffering.

"O Shariputra, form does not differ from emptiness;
Emptiness does not differ from form.
That which is form is emptiness. That which is emptiness form.
The same is true of feelings, perceptions, formations, consciousness.

O Shariputra, all dharmas are marked with emptiness;
They do not appear nor disappear,
Are not tainted nor pure, Do not increase nor decrease.

Therefore in emptiness, no form,
No feelings, no perceptions, no formations, no consciousness;
No eyes, no ears, no nose, no tongue, no body, no mind;
No color, no sound, no smell, no taste, no touch, no object of mind;
No realm of eyes until no realm of mind-consciousness;
No ignorance and also no extinction of it until no old-age-and-death,
And also no extinction of it;
No suffering, no origination, no stopping, no path;
No cognition, also no attainment.
With nothing to attain, A bodhisattva depends on prajna paramita

And the mind is no hindrance.
Without any hindrance no fears exist;
Far apart from every perverted view one dwells in nirvana.

In the three worlds all buddhas depend on prajna paramita
And attain unsurpassed complete perfect enlightenment.

Therefore know the prajna paramita
Is the great transcendent mantra,
Is the great bright mantra,
Is the utmost mantra,
Is the supreme mantra,
Which is able to relieve all suffering
And is true, not false.

So proclaim the prajna paramita mantra.
Proclaim the mantra that says:
"Gate, gate, paragate, parasamgate!
Bodhi!
Svaha!"

Women Ancestors

Great Teacher Mahapajapati Gotami
Great Teacher Dhammadina
Great Teacher Khema
Great Teacher Sundari-Nanda
Great Teacher Patacara
Great Teacher Uppalavana
Great Teacher Jing Jien
Great Teacher Tsong Gee
Great Teacher Ling Jow
Great Teacher Tai Shan
Great Teacher Mo Shan
Great Teacher Lee-o Tee-eh Mo
Great Teacher Sure Gee
Great Teacher Mai Yo Tz'u
Great Teacher Miao Tsong
Great Teacher Miao Shin
Great Teacher Mugai Nyodai
Great Teacher Yodo
Great Teacher Myochi-ni
Great Teacher Ekyu-ni
Great Teacher Eshun-ni
Great Teacher Jur Yuen Shing Gon
Great Teacher Soshin-ni
Great Teacher Ryonen Genso
Great Teacher Yoshihime
Great Teacher Tachibana no Someko
Great Teacher Otagaki Rengetsu
Great Teacher Nagasawa Sozen
Great Teacher Nogami Senryo
Great Teacher Kojima Kendo
Great Teacher Joshin Kasai

Metta Prayer

May I be well, loving, and peaceful.

May all beings be well, loving, and peaceful.

May I be at ease in my body, feeling the ground beneath my seat and feet,
letting my back be long and straight,
enjoying breath as it rises and falls and rises.

May I know and be intimate with body mind,
whatever its feeling or mood, calm or agitated,
tired or energetic, irritated or friendly.
Breathing in and out, in and out, aware,
moment by moment, of the risings and passings.

May I be attentive and gentle towards my own discomfort and suffering.
May I be attentive and grateful for my own joy and well-being.
May I move towards others freely and with openness.
May I receive others with sympathy and understanding.
May I move towards the suffering of others
with peaceful and attentive confidence.

May I recall the Bodhisattva of compassion;
her 1,000 hands, her instant readiness for action.
Each hand with an eye in it, the instinctive knowing what to do.

May I continually cultivate the ground of peace for myself and others
and persist, mindful and dedicated to this work, independent of results.
May I know that my peace and the world's peace are not separate;
that our peace in the world is a result of our work for justice.
May all beings be well, happy, and peaceful.

Written by Kushin Seisho Maylie Scott